

Ramblings

Newsletter of Athletics Tauranga Incorporated



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ATHLETE OF THE MONTH

October 2009



Christine McCahill

Chris broke 2 NZ age group records at the World Masters Games in Sydney in the Shotput & Weight Throw, winning golds in these events in the W45 grade. She also came away with silver medals in the Discus & Hammer.

NZ Road Relay Championships

Christchurch, Takahe-Akaroa

10/10/09

Ramblers sent down three teams this year and while not up to full strength with a few of the aces missing, those that went put in creditable efforts. We might not have placed in the medals, but did our best. Runs of the day in my books would be Mike Pugh for the A team and Jess Ruthe for the SW and Gavin Smith in the MM50+.

Full results are on www.athletics.org.nz

Senior Men:

won by Canterbury University in 4.04.37

Ramblers 7 th	lap	time (grade)	o/all
Kyle MacDonald	30.39	(4 th SM)	4 th
Blair Jordan	36.09	(11 th SM)	12 th
Jason Cameron	35.47	(2 nd MM)	20 th
Adam Garner	36.12	(13 th SM)	41 st
Mike Pugh	32.56	(1 st MMR)	3 rd
Ben Ruthe	26.57	(4 th SM)	4 th
John Caie	32.24	(6 th MM)	20 th
Iain MacDonald	34.40	(5 th SM)	5 th
4.25.54			

Senior Women:

Won by Canterbury University in 4.55.51

Ramblers 5 th			
Andrea Smith	44.12	(11 th SW)	92 nd
Jess Ruthe	39.06	(1 st SW)	29 th
Petra Creighton	41.43	(1 st MW)	68 th
Kimberly McKay	49.00	(10 th SW)	121 st
Johanna Ottosson	39.49	(4 th SW)	47 th =
Laurie Pugh	34.38	(2 nd MW)	49 th
Fiona Ellison	40.55	(9 th MW)	86 th
Michelle Basson	41.45	(5 th MW)	57 th
5.31.08			

MM50+

Won by Tasman Tigers A in 5.00.00

Ramblers 7 th			
Barry Watson	40.27	(11 th M50)	71 st
Stu Smith	44.32	(12 th M50)	73 rd
Mike Powell	43.59	(14 th M50)	91 st
John Addy	40.04	(9 th M50)	79 th
Les Dobson	43.58	(11 th M50)	75 th =
Murray Clarkson	35.42	(15 th M50)	62 nd
Tim Masters	38.25	(13 th M50)	71 st
Gavin Smith	41.25	(6 th M50)	54 th
5.28.32			

Everyone's Run Walk Series,

Thursday evenings from

Maxwells Rd

The 5kms fun run series has started again. The first event on 29th October had 21 entries spread over the run & walk and we expect numbers will increase rapidly as word gets around and the weather gets warmer.

Murray Clarkson galloped home in first place in 20min 25sec.

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plus summer track results are on:
www.sportsground.co.nz/taurangaarc



Start at the sign of the Takahe



Andrea, Leg 1



Jess, Leg 2



Petra, Leg 3

Michelle Leg 8>



Kimberly, Leg 4



Johanna, Leg 5



Laurie, Leg 6, & Fiona Leg 7



Gavin & I arrived in Christchurch around midday Thursday. The weather was fine & we stripped to T-shirts for a walk from the motel to Riccarton Mall shops. Son Steve showed up later and we then had his car available for the weekend. Most of the Team flew in to wet, cold conditions Friday.

Saturday morning of the relay and snow started falling gently at the start line. A bitter chill, sleet & rain showers also passed over as the day progressed, freezing athletes & crew alike.

A stiff competition commenced between the Masters Men's 50+ Team and our Women's Team, after a comment by Malcolm that the ladies would take 15mins out of the men. **Yeah right!**

Barry got the men off to a good start winning the first leg, but Jess put the girls back in front of Stu with an outstanding run (fastest SW on leg 2).

Petra held off Mike, and recorded fastest MW leg 3. Kimberly battled bravely into the head wind & rain but was overtaken by the stronger John, who opened a good gap.

Johanna ran brilliantly to bring back the margin but couldn't quite catch Les. Laurie took up the hill challenge, passing Murray near the summit, in sleety conditions.

Tim proved the 50+ secret weapon and downhill specialist, recovering the lead from Fiona. It was enough to do the job, and Gavin opened up an extra 20seconds on Michelle, giving the blokes a 2min 24sec victory.

Were there other Teams in the race? - we didn't notice! Unfortunately, due to staggered start times, the Senior Men started after the real action and we didn't spot any of them until John Caie transferred the baton to Iain MacDonald for the final leg into Akaroa. Fantastic efforts from Kyle, Iain, Ben & Co. Also, Mike Pugh, who has snuck into the record books for Masters Men Lap 5 (*aren't MM 40+ for NZRR?*)

Then came the pub crawl back to Christchurch, with stops at Duvauchelle, Top of the Hill, & Little River, where Fiona played an awesome rendition of Memories on the Piano to entertain us. Great catching up with all the other pub crawling Teams as well.

Next day the weather fined up- wouldn't you know it! Gavin did some WOF repairs to Steve's car. Then we enjoyed an afternoon exploring the Port Hills.

**WBOP Open Meeting 17th October 09,
Tauranga Domain**

3000m Walk

1	Mathew Holcroft	M16	H C Hawks	16:05.5
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100 Metre Hurdles

1	Ashleigh Sando	W16	Taupo	17.072
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600 Metres

1	Michael Sutton	M16	Ramblers	1.35.146
2	Oliver Ranby	B14	Ramblers	1.37.613
3	Sophie Millar	G14	Papamoa	1.45.468
4	Emma Shan-MacDonald	G13	Ramblers	1.50.387
5	Jessica Bitcheno	G12	Greerton	1.56.266
6	Olivia Hines	G10	Ramblers	2.11.785
7	Brendan Gibbs	M50	Ramblers	2.39.502

60 Metres Heat One

1	Abby Goldie	G13	Greerton	8.623
2	Sophie Millar	G14	Papamoa	8.685
3	Rebekah Millar	W16	Papamoa	8.736
4	Samantha Bitcheno	G11	Greerton	9.473
5	Brendan Gibbs	M50	Ramblers	9.899
6	Olivia Hines	G10	Ramblers	10.806

60 Metres Heat Two

1	Oliver Ranby	B14	Ramblers	8.022
2	Luke Davison	M16	Ramblers	8.041
3	Mariah Ririnui	W19	Ramblers	8.252
4	Alvonte Harris	M16	Ramblers	8.272
5	Genelle Vandershantz	W16	Ramblers	8.361
6	Tamsyn McGarva	W20	H C Hawks	8.447
7	Kimberley Murrell	W16	Lake City	8.565
8	Brendon Magill	M45	Ramblers	9.763

60 Metres Heat 3

1	Joseph Millar	M19	Ramblers	7.281
2	Jordan Taylor	M20	H C Hawks	7.597
3	Josh Starkey	M20	H C Hawks	7.655
4	Jono Morton	M19	Ramblers	7.712
5	Nicolaas Vickers	M16	Lake City	7.828
6	Ryan Overmayer	M19	H C Hawks	7.854
7	Michael Goldie	M16	Ramblers	8.102

1200 Metres

1	Michael Sutton	M16	Ramblers	3.33.523
2	Olivia Hines	G10	Ramblers	4.54.645
3	Brendan Gibbs	M50	Ramblers	5.29.330
4	Robyn Winter	W55	Ramblers	5.57.909

150 Metres Heat One

1	Abbie Goldie	G13	Greerton	19.858
2	Sophie Millar	G14	Papamoa	20.215
3	Emma Shan-MacDonald	G13	Ramblers	21.038
4	Samantha Bitcheno	G11	Greerton	22.862
5	Olivia Hines	G10	Ramblers	26.864

150 Metres Heat Two

1	Oliver Ranby	B14	Ramblers	18.309
2	Luke Davison	M16	Ramblers	18.639
3	Alvonte Harris	M16	Ramblers	19.211
4	Mariah Ririnui	W19	Ramblers	19.579
5	Genelle Vandershantz	W16	Ramblers	19.688
6	Rebekah Millar	G14	Papamoa	19.998
7	Kimberley Murrell	W16	Lake City	20.18
8	Ashleigh Sando	W16	Taupo	21.105

150 Metres Heat Three

1	Joseph Millar	M19	Ramblers	16.002
2	Jordan Taylor	M20	H C Hawks	17.155
3	Nicolaas Vickers	M16	Lake City	17.168
4	Jono Morton	M19	Ramblers	17.386
5	Josh Starkey	M20	H C Hawks	17.399
6	Ryan Overmayer	M19	H C Hawks	17.628
7	Michael Goldie	M16	Ramblers	18.299

Discus

Jordan Taylor	M20	H C Hawks	36.72	2
Livvie Duggan	W19	Ramblers	31.58	1
Jessica Bitcheno	G12	Greerton	16.21	0.75
Samantha Bitcheno	G11	Greerton	16.46	0.75
Brendon Magill	M45	Ramblers	19.53	
Luke Davison	M16	Ramblers	30.39	1.5
Alvonte Harris	M16	Ramblers	27.97	1.5
Mathew Holcroft	M16	H C Hawks	29.49	1.5

Triple Jump

Luke Davison	M16	Ramblers	10.38
Alvonte Harris	M16	Ramblers	10.03
Emma Shan-MacDonald	G13	Ramblers	9.18
Brendon Magill	M45	Ramblers	8.69

Long Jump

Ashleigh Sando	W16	Taupo	4.51
Brendon Magill	M45	Ramblers	4.12
Alvonte Harris	M16	Ramblers	5.14
Luke Davison	M16	Ramblers	5.44

Shot Put

Josh Starkey	M20	H C Hawks	9.54	7.26
Jordan Taylor	M20	H C Hawks	11.70	7.26
Mathew Holcroft	M16	H C Hawks	10.21	5
Mariah Ririnui	W19	Ramblers	9.25	4
Livvie Duggan	W19	Ramblers	9.73	4



Chris McCahill (W45-49) broke 2 NZ age group records with golds in the Shotput & weight throw, & silvers in the hammer & discus.

Shotput: prelim 11.05m 1st/25, final 11.29m, 1st NZ Record.

Hammer: 41.11m, 2nd/13

Weight Throw: 15.35m, 1st/14 NZ Record

Discus: prelim 34.40m, 2nd/23, final 34.98m, 2nd/12

Sally Gibbs (W45-49) fantastic 1st time running track & field. Sally finished just behind famous kiwi, Anne Hare, in her races and scored a silver & 2 bronzes.

800m: h1/2 prelim 1st 2.28.07, final 3rd/10, 2.23.74

1500m: 3rd/13 5.01.75

5000m: 2nd/11 18.48.9

I have taken the liberty of re-printing from NZ Run **Craig Kirkwood's** comments regarding the

World Ironman Champs , Kona, Hawaii

“Brutal is a reasonable description of the course and the conditions, but I honestly don't know how to write up how hard that race is. The ride surface is smooth-as, but the wind and the heat are unreal i.e: it was 46C out on the Queen K Highway (ride & run course) with 140km of head winds and just under 40C in the Energy lab (run course) with a light headwind in and tail wind out which made the heat worse.

I was happy with my performance, but I did make a few mistakes. I don't think I got my bike nutrition quite right and suffered feet cramping and numbness....requiring a couple of stops in the 1st 10-12km to loosen my shoes, and then 300m walk to the next aid station to fuel up on pretzels, oranges and about 10 cups of coke. Then I came right.”

Craig's result:

Swim	1.04.05	510 th (73 rd M35)
T1	3.05	
Bike	5.20.54	424 th (83 rd M35)
T2	3.08	
Run	<u>3.20.21</u>	218 th (39 th M35)
Total	<u>9.51.33</u>	“ “

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Opening T&F Club Night 13/10/09

Ex- Rambler & Decathlon specialist
Brent Newdick provided the throw of the evening in the Discus

60 Metres

1 Olivia Hines	G10	9.19
2 McKenzie Ball	G10	9.48
3 Rebekah McCafferty	G10	9.5
4 Catherine Sutton	G9	10.07
5 Joanne Sutton	G9	11.04
6 Cassidy Ball	G7	11.83

1 Samantha Bitcheno	G11	7.96
2 Jessica Bitcheno	G12	8.46
3 Alice McCafferty	G11	8.74
4 Lauren Hines	G12	9.53

1 Abbie Goldie	G13	8.09
2 Amy Robinson	G13	8.39
3 Emma Shanley-MacDonald	G13	8.70

4 Christine Sutton	G13	9.46
5 Morgan Ball	G13	10.45

1 Genelle Vanderschantz	W16	8.55
2 Bella Andrews	W16	8.73
2 Emma Jackson	W16	8.78
3 Rebekah Millar	W16	8.97
5 Carmel O'Rafferty	W16	9.16
6 Courtney Williamson	W16	9.40
7 Laura Harris	W16	9.51

1 Joseph Millar	M19	6.85
2 Jonothon Morton	M19	NT
3 Michael Goldie	M16	NT
4 Kyle Cairns	M16	NT
5 Oliver Ranby	B14	NT
6 Rowan Davies	B14	NT

1 Shaun Goldie	M50	8.68
2 Brendon Magill	M40	9.26
3 John McKinley	M50	9.63
4 Eric de Lautour	M85	14.31

100 Metres

1 Joseph Millar	M16	11.28
2 Jonothon Morton	M16	12.33
3 Michael Goldie	M16	12.90

300 Metres

1 Daniel Hines	B13	58.88
2 Olivia Hines	G10	61.64
3 McKenzie Ball	G10	66.78
4 Catherine Sutton	G10	71.45
5 Lauren Hines	G12	75.77
6 Joanne Sutton	G10	79.64

1 Emma Shanley-MacDonald	G13	45.91
2 Rebekah Miller	W16	46.24
3 Genelle Vanderschantz	W16	47.64
4 Courtney Williamson	W16	47.69
5 Abbie Goldie	G13	49.09
6 Carmel O'Rafferty	W16	49.84

1 Shaun Goldie	M50	46.82
2 Petra Creighton	W40	49.78
3 Christine Browne	W40	51.24
4 John Vickers	M50	51.67
5 Max Ball	M50	60.34
6 Gavin Smith	M55	62.55
7 Linda Reynolds	W40	66.34

1 Joseph Millar	M19	35.47
2 Jonothon Morton	M19	39.23
3 Michael Goldie	M16	42.10
4 Kyle Cairns	M16	42.23
5 Kahu Tapsell	M20	43.21
6 Rowan Davies	M16	44.15

800 Metres

1 Jessica Bitcheno	G12	2.33.46
2 Christine Sutton	G13	2.48.73

3 Samantha Bitcheno	G11	2.55.27
4 Alice McCafferty	G11	2.56.22
5 Rebekah McCafferty	G10	2.57.73
6 Olivia Hines	G10	3.04.83
7 McKenzie Ball	G10	3.23.41
8 Catherine Sutton	G10	3.40.28
9 Joanne Sutton	G10	3.59.19
10 Lauren Hines	G12	4.02.66

1 Courtney Williamson	W16	2.40.66
2 Emma Jackson	W16	2.45.40
3 Petra Creighton	W40	2.45.59
4 Laura Harris	W16	2.56.83
5 Genelle Vanderschantz	W16	3.12.01
6 Linda Reynolds	W40	3.15.23
7 Morgan Ball	G13	3.17.42
8 Carmel O'Rafferty	W16	3.18.08
9 Shari Ball	W40	3.27.16
10 Robyn Winter	W55	3.51.70

1 Michael Sutton	M16	2.18.75
2 Oliver Ranby	B14	2.21.75
3 Gavin Smith	M55	2.36.35
4 Ian Bitcheno	M40	2.38.75
5 Kahu Tapsell	SM	2.43.52
6 John McKinley	M50	2.53.66
7 Max Ball	M50	3.01.65
8 John Vickers	M50	3.14.73

3000 Metres

1 Michael Sutton	M16	9:47:18
2 Gavin Smith	M55	11:05:08
3 Petra Creighton	W40	12:81:81
4 Linda Reynolds	W40	14:17:51

Discus

1 McKenzie Ball	G10	6.10
1 Samantha Bitcheno	G11	17.76
1 Jessica Bitcheno	G12	15.17
1 Amy Robinson	G13	18.78
2 Christine Sutton	G13	11.18
1 Rochelle Newdick	G14	21.62
1 Brent Newdick	SM	43.05
1 Brendan Magill	M45	17.85
1 Christine Browne	W40	21.09

Long Jump

1 Oliver Ranby	B14	5.27
1 Rebekah McCafferty	G10	2.86
2 Lily Vickers	G10	2.56
3 McKenzie Ball	G10	2.36
1 Alice McCafferty	G11	3.38
1 Emma Shanley-MacD	G13	4.61
2 Abbie Goldie	G13	4.49
3 Amy Robinson	G13	4.47
4 Christine Sutton	G13	3.71
1 Rochelle Newdick	G14	4.28
1 Brendan Magill	M45	4.21
1 Emma Jackson	W16	3.73
2 Laura Harris	W16	3.34

Club Night 20th October 2009

100m

1Samantha Bitcheno	G11	14.78
2Jessica Bitcheno	G12	15.27
3Olivia Hines	G10	17.46
4McKenzie Ball	G10	18.45
5Lauren Hines	G12	18.77
6Catherine Sutton	G10	19.07
7Cassidy Ball	G7	20.58
8Joanne Sutton	G10	26.67

1Abby Goldie	G13	13.58
2Amy Robinson	G13	14.06
3Emma Shanley-MacDonald	G13	14.46
4Andrew Robinson	B10	14.76
5Christine Sutton	G13	16.03
6Morgan Ball	G13	16.64
7Kegan Millar	G1	17.08

1Mariah Rininui	W19	13.45
2Amy Frith	W20	13.56
3Bella Andrews	W16	13.63
4Genelle Vanderschantz	W16	14.15
5Christine Browne	W40	14.19
6Emma Jackson	W16	14.40
7Carmel O'Rafferty	W16	14.54

1Joseph Millar	M19	11.51
2Michael Cochrane	M19	11.89
3Jonothan Morton	M19	12.42
4Michael Goldie	M16	12.70
5Oliver Ranby	B14	12.75
6Luke Davison	M16	12.85
7Kyle Cairns	M16	13.21
8Rowan Davies	M16	13.25

1Joseph Millar	M19	11.68
2Shaun Goldie	M50	13.90
3Brendan Magill	M45	16.12
4Les Dobson	M50	16.66
5Gavin Smith	M55	16.86

1500m

1Jessica Bitcheno	G12	5.26.39
2Alice McCafferty	G11	5.38.19
3Christine Sutton	G13	5.52.09
4Anneke Grogan	G12	5.52.49
5Laura Harris	W16	6.06.29
6Fiona Ellison	W35	6.13.99
7Morgan Ball	G13	6.15.99
8Olivia Hines	G10	6.19.19
9Kate Porter	G14	6.28.09
10Emma Jackson	W16	6.38.79
11Linda Reynolds	W40	6.45.89
12Lauren Hines	G12	8.16.49

1Michael Sutton	M16	4.33.01
2Gavin Smith	M55	5.17.66
3Murray Clarkson	M60	5.27.16
4Les Dobson	M50	5.33.75
5Patrick Gough	B13	5.44.8
6Barry Watson	M50	5.45.36
7Max Ball	M50	5.46.26

400m

1Samantha Bitcheno	G11	1.15.35
2Olivia Hines	G10	1.25.25
3Bethany Millar	G10	1.28.73
4McKenzie Ball	G10	1.30.43
5Catherine Sutton	G10	1.37.91
6Joanne Sutton	G10	1.44.23
7Lauren Hines	G12	1.54.07

1Christine Browne	W40	1.11.09
2Abby Goldie	G13	1.11.77
3Anneke Grogan	G12	1.12.33
4Christine Sutton	G13	1.21.28
5Morgan Ball	G13	1.26.95
6Linda Reynolds	W40	1.31.24

1Joseph Millar	M19	51.74
3Michael Goldie	M16	58.84
2Oliver Ranby	B14	59.09
4Michael Sutton	M16	1.02.73
7Les Dobson	M50	1.11.19
6Murray Clarkson	M60	1.11.4
5Gavin Smith	M55	1.12.75
8Max Ball	M50	1.22.54

4000m

1Gavin Smith	M55	15.11.70
2Barry Watson	M50	16.38.95
3Les Dobson	M50	14.47.21
4Murray Clarkson	M60	17.40.95
5Fiona Ellison	W35	18.35.28
6Linda Reynolds	W40	19.43.73

High Jump

1Luke Robinson	B12	1.20
1Alice McCafferty	G11	1.10
1Amy Robinson	G13	1.30
2Christine Sutton	G13	1.10
2Morgan Ball	G13	1.10
1Luke Davison	M16	1.75
2Joseph Reynolds	M16	1.60
1Michael Cochrane	M19	1.75
1Courtney Williamson	W16	1.45
1Amy Frith	W20	1.40
1Christine Browne	W40	1.10

Shot Put

1Luke Robinson	B12	8.06
1Samantha Bitcheno	G11	6.49
1Amy Robinson	G13	8.07
2Emma Shanley-MacDonald	G13	7.38
3Christine Sutton	G13	3.98
1Rochelle Newdick	G14	8.64
1Luke Davison	M16	11.83
2Joseph Reynolds	M16	8.76
3Michael Goldie	M16	8.49
1Michael Cochrane	M19	11.69
1Livvie Duggan	W16	9.60
2Khanum Elisaia	W16	8.83
3Courtney Williamson	W16	7.34
1Mariah Rininui	W19	9.12
1Christine Browne	W40	8.03

WBOP Secondary School's Road Race Champs, The Lakes, Tauranga 28/10/09

It's been 5 years since this event has been held, due to safety regulations & traffic issues. TBC teacher Brad Smith organised it, and The Lakes subdivision developers came to the party and provided unique trophies for the grade winners. The day turned out sunny. Fantastic!



Junior Girls 3km

Casey Blackwell	TGC 1 st	11.19
Amy Robinson	TGC 4 rd	12.49

Junior Boys 3km

Theunis Pieters, Hamilton Boys	1 st	10.33
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Intermediate Girls 3km

Olivia Ritchie, Diocesan	1 st	10.56
Ella Mangan-Walker	TGC 2 nd	11.01
Shelby Goddard	TGC 5 th	12.07

Intermediate Boys 4km

Mohamed Ali, Fairfield	1 st	12.47
Michael Sutton	TBC 2 nd	13.07

Senior Girls 4km

Esther McArthur	TGC 1 st	15.12
Julia Campbell	TGC 3 rd	16.29

Senior Boys 6km

Kieran McPherson, Matamata, & Andrew Lloyd	TBC 1 st equal	in 20.14
Regan Bones	TBC 3 rd	20.43

Club Night 27 October 2009

Steven Langdon home from Uni in Auckland put in a guest appearance pushing Mike Pugh in the 1000m.

200 Metres

1Abby Goldie	G13	27.91
2Samantha Bitcheno	G11	30.19
3Andrew Robinson	B10	30.20
4McKenzie Ball	G10	40.25
5Cassidy Ball	G7	47.49

1Joseph Millar	M19	22.85
2Michael Cochrane	M19	23.98
3Nicolas Vickers	M16	24.45
4Jonothan Morton	M19	24.59
5Michael Goldie	M16	25.63
6Oliver Ranby	B14	26.61
7Callum Taylor	B13	27.36
8Connor Millar	B11	34.92

1Shaun Goldie	M50	27.72
2Max Ball	M50	36.93

1000 Metres

1Michael Pugh	M35	2.51.46
2Stephen Langdon	M20	2.52.33
3Alice Mc Fall	G14	3.23.76
4Jessica Bitcheno	G12	3.29.49
5Les Dobson	M50	3.34.35
6Gavin Smith	M55	3.34.71
7Dave Whitehead	M50	3.46.79
8Max Ball	M50	3.48.93
9Barry Watson	M50	3.51.71
10Morgan Ball	G13	3.59.32
11Linda Reynolds	W40	4.18.88
12McKenzie Ball	G10	4.38.19

150 Metres

1Les Dobson	M50	22.65
2Dave Whitehead	M50	22.75
3Max Ball	M50	26.78

1Abby Goldie	G13	19.87
2Rebekah Millar	W16	20.37
3Amy Robinson	G13	21.00
4Emma Shanley-MacDonald	G13	21.25
5Jessica Bitcheno	G12	22.03
6Morgan Ball	G13	26.15
7McKenzie Ball	G10	28.85

1Joseph Millar	M19	16.37
2Michael Cochrane	M19	17.22
3Nicolas Vickers	M16	17.74
4Michael Goldie	M16	18.30
5Callum Taylor	B13	19.30
6Connor Millar	B11	26.78

5000 Metres

1Mike Pugh	M35	15.36.14
2Gavin Smith	M55	18.55.26
3Les Dobson	M50	20.18.89
4Barry Watson	M50	20.19.66
5Fiona Ellison	W35	22.41.81
6Linda Reynolds	W40	23.58.74

300 Metres

1Joseph Millar	M19	35.99
2Nicolas Vickers	M16	39.19
3Callum Taylor	B13	46.87
4Rebekah Millar	W16	47.09

Triple Jump

Amy Robinson	G13	9.19
Emma Shanley-MacDonald	G13	9.49
Brendon Magill	M45	8.21
Michael Cochrane	M19	11.18

Javelin

Michael Cochrane	M19	33.25
Brendan Magill	M45	24.12
Livvie Duggan	W16	29.21
Max Ball	M50	18.88
Morgan Ball	G13	11.32

Sir Barry Curtis 10km , Auckland
18/10/09

Great win by Jason Woolhouse in 29.55. with Nina Rillstone first woman in 6th overall in a time of 34.22. Over 800 people finished the 5& 10km events.

Ramblers:

Dale Warrander	2 nd	30.37
Jess Ruthe	15 th 4 th F	36.01
Ben Ruthe	16 th	36.02

Auckland Hot Meet Mt Smart 24/10/09**Joseph Millar M19**

60m	2 nd /10	7.12
100m	2 nd /9	11.04
200m	1 st /4	22.30

Michael Cochrane M19

400m Hurdles	1 st	57.38
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Rebecca Cochrane SW

Long Jump	1 st	4.54m
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SBS Hamilton Half Marathon. 4/10/09

Mike Pugh broke the race record by over 2minutes running 1.11.11.

A record 2200 entries spread over the half, 10km & 5km distances and record rainfall, causing cancellation of the prizegiving.

Open Meet Porritt Stadium 10/10/09

Joseph Millar M19	80m	1 st	9.12
	300m	1 st	35.67
Sophie Millar GU14	80m	1 st	10.99
	300m	1 st	43.15
Samantha Bitcheno GU14	80m	4 th	12.03
	300m	4 th	49.56
Mariah Ririnui W19	80m	1 st	10.93
	300m	1 st	45.95
Jessica Bitcheno GU14	300m	5 th	50.14
	1000m	1 st	3.26.11



Julia Campbell



Kieran McPherson & Andrew Lloyd



Intermediate Boys start at WBOP SS Road Champs

Putaruru Bell Round 1, Porritt Stadium 24/10/09

100m

Genelle Vanderschantz	W16 1 st	13.34
Abby Goldie	W16 2 nd	13.45
Emma Jackson	W16 4 th	14.02
Mariah Ririnui	W19 2 nd	13.04
Michael Goldie	M16 3 rd	12.52
Luke Davison	M16 4 th	12.66

200m

Abby Goldie	W16 1 st	26.83
Genelle Vanderschantz	W16 3 rd	27.45
Emma Shanley-McD	W16 6 th	28.89
Mariah Ririnui	W19 2 nd	27.77
Michael Goldie	M16 4 th	25.37
Jonno Morton	M19 2 nd	23.92

400m

Emma Jackson	W16 3 rd	1.03.90
Emma Shanley-McD	W16 4 th	1.05.23

Shotput

Emma Shanley-McD	W16 3 rd	7.76m
Livvie Duggan	W19 1 st	9.98m
Mariah Ririnui	W19 3 rd	8.80m
Luke Davison	M16 1 st	11.83m

Hammer

Livvie Duggan	W19 1 st	32.91m
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Javelin

Livvie Duggan	W19 1 st	30.49m
Luke Davison	M16 1 st	40.81m

High Jump

Luke Davison	M16 1 st	1.80m
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Putaruru Bell, Round 2 Tauranga Domain, 31/10/09

Fine but cool conditions on track with a bit of a head wind on the backstraight. In the Teams Events Ramblers Tearaways won the women's events from 10 teams on 64points. Frankton A won the mens from 9 teams on 108 points.

With no children's grades a number of our youngsters slotted into the M16 & W16 grade. All Masters grades are combined as M35 or W35.

Ramblers results:

3km Walk

Brendan Gibbs	M35 1 st	20.37.49
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100m Hurdles

Amy Robinson	W16 2 nd	18.97
Rebekah Millar	W16 3 rd	20.74

110m Hurdles

Brendan Magill	M35 3 rd	27.99
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800m

Emma Jackson	W16 3 rd	2.40.82
Lili Crombie	W16 5 th	2.55.09
Sally Gibbs	W35 1 st	2.33.15

100m

Rebekah Millar	W16 2 nd H1/2	13.49
Abby Goldie	W16 1 st H2/2	13.14
Genelle Vanderschantz	W16 3 rd	13.47
Sophie Millar	W16 4 th H2/2	13.52
Emma Jackson	W16 5 th H2/2	13.81
Amy Robinson	W16 6 th H2/2	13.94
Mariah Ririnui	W19 1 st	13.19
Amy Frith	SW 1 st	13.38
Luke Davison	M16 1 st	12.34
Michael Goldie	M16 2 nd	12.45
Jonno Morton	M19 1 st	11.81
Brendan Magill	M35 4 th	15.39

3000m

Lili Crombie	W16 1 st	12.22.00
Sally Gibbs	W35 1 st	11.34.85
Brendan Gibbs	M35 1 st	14.39.42

200m

Abby Goldie	W16 1 st	27.40
Sophie Millar	W16 3 rd	27.68
Rebekah Millar	W16 4 th	29.20
Amy Frith	SW 1 st	27.60
Michael Goldie	M16 1 st	25.34
Brendan Magill	M35 5 th	31.72

Triple Jump

Emma Shanley-McD	W16 2 nd	9.73m
Rebecca Cochrane	SW 1 st	9.87m

Discus

Luke Davison	M16 2 nd	31.82m
Joseph Reynolds	M16 5 th	22.40m
Brendan Magill	M35 4 th	18.35m
Khanum Elisaia	W16 1 st	34.40m
Sophie Millar	W16 2 nd	21.99m
Genelle Vanderschantz	W16 3 rd	20.81m
Rebekah Millar	W16 4 th	18.52m
Livvie Duggan	W19 1 st	33.99m

Long Jump

Luke Davison	M16 1 st	5.81m
Sophie Millar	W16 2 nd	4.46m
Emma Jackson	W16 3 rd =	4.43m
Amy Robinson	W16 3 rd =	4.43m
Abby Goldie	W16 5 th	4.27m

Shotput

Khanum Elisaia	W16 1 st	9.54m
Genelle Vanderschantz	W16 3 rd	6.55m
Livvie Duggan	W19 1 st	9.88m
Mariah Ririnui	W19 2 nd	9.43m
Luke Davison	M16 1 st	12.08m
Joseph Reynolds	M16 4 th	9.50m
Michael Goldie	M16 5 th	8.19m

WBOP 10000m Champs 31/10/09

On Saturday night it was Gold all the way for Michael Pugh and the rest of the Tauranga Ramblers in 10,000 metres championship held in chilly conditions on Tauranga Domain.

Mike Pugh	M35 1 st	32.06.24
Iain MacDonald	SM 1 st	32.52.22
Gavin Smith	M55 1 st	38.25.37
Sally Gibbs	W45 1 st	40.19.00
Barry Watson	M50 1 st	41.35.66
Murray Clarkson	M60 1 st	43.04.95

Auckland Hot Meet, Mt Smart, 31/10 09

Joseph Millar M19

60m	1 st /4	7.00
100m	2 nd /5	11.01
400m	1 st /5	50.00



Iain MacDonald NZRR leg8

Winter Prizegiving (postponed).

If you have a trophy from last winter (2008) please return to Bev Smith Ensure these are cleaned and polished. Prize-giving scheduled for 13th October was postponed due to several trophies still outstanding and a computer problem that meant certificates weren't able to be printed off. We are looking at now holding this on our Christmas Fun night.

******Helpers Required******

Anyone who is not running in the event, could you please make yourself available to help out or marshall at the inaugural

Tauranga Bays & Bridges Challenge on Sunday 8th November.

Walkers start at 7.30am to avoid traffic as much as possible, so you will be required to get up nice and early.

Let organiser Dave Whitehead know
Ph 5720762 9r 027 4899785 email:
dbw42k@gmail.com
Thankyou!!!



Masters M50+ team after NZRR



Fiona entertains

Coming Events

1 November

Adidas Auckland Marathon & NZ Half marathon Champs

3 November (Club night incl BOP SS League)

80m/100m/110m Hurdles, 100m, 1500m, 4x100m relay, 400m, Long jump, javelin & hammer, also 2 laps peace mile

5 November & every Thursday

Everyone's Run & Walk 5km from Maxwells Rd enter from 5.15pm walk starts 5.45pm, run 6pm. \$5.00. spot prizes.

7 November

Nick Willis relay & open Meet B Porritt Stadium 3pm

8 November

Tauranga Bays & Bridges Challenge 14km or 2x 7km teams Start & finish The Strand carpark. Volunteer to help if you aren't competing. This event is run by the Ramblers Club.

www.baysandbridgeschallenge.co.nz

8 November

Masters Meet, Porritt Stadium 12 noon.

10 November (Club night incl BOP SS league)

300m Hurdles, 1500m walk, 100m, 800m, 200m, 3000m, 4x400m relay, Discus, Shotput & Triple jump

14 November

Battle of the Cities Round 1, Mt Smart Stadium

14 November

Jennings Cup, Tauranga Domain 10am

14 November

Maratoto Challenge (tough offroad) half marathon, 10km & 5km events www.maratotochallenge.co.nz

15 November

Round the Bridges, 12km & 6km Hamilton

www.roundthebridges.co.nz

15 November

Toi's Challenge, offroad 18.5km Whakatane

http://www.whakatane.com/feature_tois.html

17 November

Same programme as 3rd November incl BOP SS league

21 November

Battle of the Cities Round 2 Porritt Stadium

21 November

The Kauri Run <http://www.arcevents.co.nz/kaurirun/content/>

21 November

Kerikeri Half Marathon <http://www.kerikerihalfmarathon.co.nz/>

22 November

NZ Marathon Champs – Invercargill celebrating 100year running of Southland marathon also Half Marathon, 10km & 5km events

<http://www.southlandmarathon.co.nz/>

22 November

Masters Meet, Tauranga Domain , 12 noon

24 November

Same programme as 10th November incl BOP SS league

28 November

Battle of the Cities, Round 3 Mt Smart Stadium

1 December

60m, 1500m, 400m, 2000m Steeplechase, hammer, triple jump